

# Whole Wheat Turkey Empanadas

**Makes:** 50 Servings

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Ingredients	Weight	Measure
Butter, softened		3/4 cup
Whole wheat flour		3 cups
Sugar		3/4 cup
Salt		3/4 tsp
Milk		1 1/2 cups
Water		1 1/2 cups
Onion, chopped		3 medium
Canola oil		3 Tbsp
Ground turkey		2 Tbsp
Golden Raisins		2 lbs
Whole peeled tomatoes, crushed		2 cups
Peas, frozen or canned		2 cups
Chicken broth, low sodium		2 cups
Pepper Jack cheese, grated		1 cup
Egg (for eggwash)		3



## Directions

1. In the bowl of a Kitchen Aid mixer fitted with the Paddle attachment, add the soft butter and allow to whip, on medium speed, for about 1 - 2 minutes until fluffy.
2. Meanwhile, sift together the flour, sugar, and salt to combine. With the mixer on low speed add the flour mixture into the butter to incorporate. Switch to the hook attachment to make the dough
3. Raise the speed to medium and slowly add in the milk/water as needed, to form a ball of dough. Remove the dough to a floured work surface and knead for a few minutes into a ball until smooth and elastic.
4. Wrap the dough ball in plastic wrap and allow to rest for about half hour.
5. Divide the dough ball into four portions and roll out each portion, long and wide to about 1/8th of an inch thick (on a floured work surface). Using a 4-inch round cookie cutter, cut out dough into 50 rounds. If not using right away store rounds on wax paper covered in plastic wrap.
6. In a saute pan, over a medium high flame add the onion & oil and allow to cook , stirring often, for about 2 minutes or until onions have softened and are fragrant.
7. Add in the ground turkey, season with salt and pepper and cook turkey meat, stirring with a wooden spoon until no longer pink, about 5 - 8 minutes, over a medium flame .
8. Add in the tomato, raisins, peas and chicken stock and bring to a simmer, stir well to incorporate and allow to simmer 2 - 3 minutes until mixture is combined. Check seasoning.
9. Remove mixture from the heat and allow to cool down, then transfer to a mixing bowl and add in the spicy jack cheese and mix to combine.
10. Lay out empanada rounds on a clean surface and place 1 tablespoon of turkey mixture in the center of each one. Brush all around the edges with the egg wash and fold over each empanada round to form a half moon shape. Crimp each empanada with a fork all around the outer edges to seal.
11. Lay empanada's out on a greased cookie sheet and brush the tops of each with the eggwash.
12. Bake in a preheated 350 oven for 15 - 20 minutes or until golden & crisp, and the filling is hot.

## Notes

### Serving tips:

These empanadas can be served with salsa to dip. This is a perfect accompaniment to a salad or soup and can be easily baked and reheated. The sweetness of the raisins and peas, paired with the spiced turkey and salsa makes for an enjoyable lunch.